

removing

THE PPE

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Ready

Do not remove your equipment until you're away from the contaminant. *There should be a designated area which is at least 300 feet away from the contaminant.*

Assume that the exterior of your PPE is contaminated. To avoid contaminating yourself while taking it off, remove your PPE by following these steps.

STEP 1 INTO THE TRASH BAG

Remove the trash bag that is in your PPE kit. Open the bag and step into it. To avoid spreading any contamination make sure both feet are inside the bag.



STEP 2 UNZIPPING

First, pull off the tape that was used to tighten the uniform around the crotch. Drop the tape into the bag.

Second, open the flap on the front of the coverall and unzip the coverall.



STEP 3 REMOVING TOP HALF OF COVERALLS

Take off the top of the coveralls. **Remember your gloves are contaminated. So do not touch your inner clothing.** You will have to wriggle out of the coverall, and then pull your hands through the sleeves. As you do, see step 4.



STEP 4 REMOVING TOP PAIR OF GLOVES

Carefully pull your hands through the sleeves so that the sleeves come off along with the top pair of gloves that are attached to them.



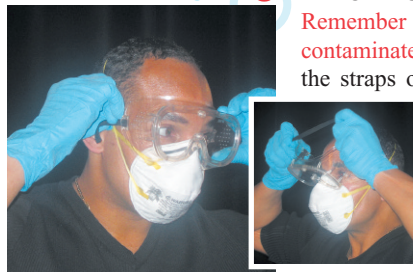
STEP 5 ROLL DOWN THE COVERALLS

Carefully roll down the coverall. **Remember the exterior is contaminated. So only touch the inside of the coverall.** Roll it down inside out, so that the inside of the coverall is always showing. Roll down the pant leg over the boot and then pull out your legs and shoes, keeping them outside the bag.



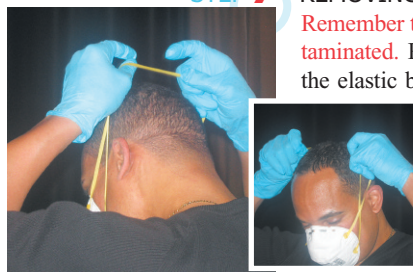
STEP 6 REMOVING THE GOGGLES

Remember the front of your goggles is contaminated. Remove them by lifting off the straps on the side of the goggles from your face, over your head and then drop them into the trash bag.



STEP 7 REMOVING THE RESPIRATOR

Remember the front of your respirator is contaminated. Remove the respirator by pulling the elastic bands over of your head. Pull the respirator away from your face and drop it into the bag.



STEP 8 REMOVING SECOND SET OF GLOVES

Peel off the glove on one hand so that it is inside out. Then place it in the palm of your other hand. Then slide a finger under the remaining glove and pull it off inside out, so that the first glove is inside the second glove. Drop them into the bag.



STEP 9 TRASH BAG REMOVAL

Roll up the black bag and place it inside a red bio-hazard bag that should be supplied to you at the scene. Wash your hands thoroughly with soap and water afterwards. Use a hand sanitizer if soap and water are not available.



TROUBLESHOOTING

- When you are taking off the coveralls, you may have some difficulty wriggling out of the top half of the coverall. It will be a lot easier if someone helps you. Just make sure they do not contaminate you or themselves.
- Remember, as you pull your arms through the sleeves, the top pair of gloves should remain attached to the sleeve. So, when you have pulled your hands out, you are just wearing the inner pair of gloves.
- You will also need help removing the tape that was used to tighten the coverall around the crotch. Do it carefully, ripping it off may rip the coverall and expose you to contaminants.
- Removing the last pair of gloves is also a little tricky. Basically, you want to get them inside out...with one glove inside the other. You might want to practice this ahead of time.
- If you can not get your shoes out of the coveralls properly, you will have to leave them behind.

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Public Health Emergency
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Plan to be safe.

PERSONAL
protective
EQUIPMENT

HOW TO SAFELY
PUT ON AND REMOVE
Your PPE



putting on THE PPE

Personal Protective Equipment (PPE) is specialized clothing or equipment worn by an employee for protection against infectious materials. There are different types of PPE based on the seriousness of the contaminant. This pamphlet describes how to put on and remove the PPE designed for a Level C incident as defined by the Centers for Disease Control and Prevention (CDC).

Level C protection is for use when the concentration(s) and types(s) of airborne substance(s) are known and the criteria for using air purifying respirators are met. An example of a Level C incident is a biological event such as the release of anthrax.

Anthrax and other biological pathogens released intentionally, accidentally, or naturally occurring, can result in disease or death. Human exposure to these agents may occur through inhalation, skin (cutaneous) exposure, or ingestion of contaminated food or water.

Your PPE Kit

Your PPE Kit should include the following items:

- an ultraguard coverall,
- one pair of splash guard goggles,
- one pair of rubber boots,
- two pairs of disposable gloves (non-latex),
- one N95 respirator,
- one roll of duct tape,
- one bottle of alcohol-based hand sanitizer, and
- one large trash bag.

STEP 1 COVERALL LEGS & BOOTS

Pull on the pant legs one at a time...leaving on your shoes. Then pull your rubber boots over the coveralls. If the boot is too large, tape them. There are two ways to get a snug fit as shown in Step 2.



putting on the PPE

STEP 2 BOOT TAPING METHOD

One way to get a snug fit is to place the heel of your shoe at the heel of the boot. That may leave excess boot in the front. Simply fold duct tape over it. Run the tape from the bottom of your foot over the top of your toes and up your instep.



STEP 2 ALTERNATE BOOT TAPING METHOD

Place the toe of your shoe at the toe of the boot. That may leave excess boot in the heel area. Then take a piece of tape and place the center of the tape over the excess boot at the heel. Next, with one hand on each end of the tape, pull it forward, wrapping it around the ankle.



STEP 3 TAPING THE TOP OF THE BOOT

Tape the top of the boot to the coverall. Make it loose enough so that it will not restrict your movement.



STEP 4 FIRST SET OF GLOVES

Remember, prior to putting on gloves always wash your hands. Put on the first set of gloves.



putting on the PPE

STEP 5 SLEEVES & COLLAR

Insert your hands into the sleeves of the coverall and pull it over your shoulders. Make sure that of the following:

- the gloves are under the sleeve, and
- the collar and hood are on the outside of the coverall.



STEP 6 ZIPPING UP

Then zip up the coveralls. Notice the double-sided tape on the outside of the coverall. Peel off one side of the tape, then fold the flap and ensure that it covers up the zipper.



STEP 7 SNUG FIT

If the coverall is too large, roll it up at the waist. Then get a buddy to help you tape it. Run a long piece of tape from the spine down to the buttocks, up under the crotch, and up to the chest.

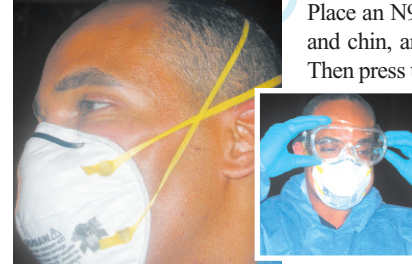


STEP 8 RESPIRATOR & GOGGLES

Place an N95 respirator over your nose, mouth and chin, and secure it with the elastic bands. Then press the metal in the nose piece so that it conforms to the shape of your nose.

Note: OSHA regulations require a fit-test for an N95.

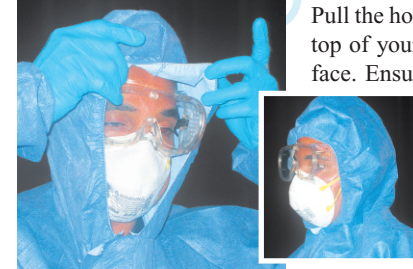
Next: Put on your goggles. If you wear eyeglasses, you can put the goggles over the glasses.



putting on the PPE

STEP 9 HOOD

Pull the hood over your head. Bring it to the top of your forehead and the sides of your face. Ensure that it does not obstruct your view.



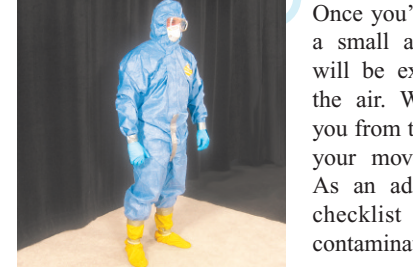
STEP 10 SECOND SET OF GLOVES

Put on the second pair of gloves. Remember the first set of gloves fit under the sleeves. The second pair of gloves fits over the sleeves. Loosely tape the glove to the sleeve at the wrist.



SAFELY READY FOR WORK

Once you've put on all of your PPE, only a small area of skin around your face will be exposed to any contaminants in the air. While this safety gear protects you from the contaminants, it also restricts your movements and peripheral vision. As an additional safeguard, review this checklist before heading into the contaminated area.



- ☒ Check your field of vision. Wearing goggles and a head covering, restricts your field of vision. Remember to cautiously proceed through the contaminated area.
- ☒ Check your footing. You may feel a little "clumsy" in the rubber boots. Proceed cautiously. The rubber boots may scrape along the pavement, causing you to stumble and fall.
- ☒ Check for flexibility. Bend at the knees and then at the waist to ensure proper movement.